WHAT IS CLAIMED IS:

1. A hinged product comprising:

a first section having a post extending transversely across one end thereof;

a second section having two co-axial apertures therein, each of said apertures having an internal wall, wherein the post on the first section extends through the apertures in the second section to form a pivot between the first section to the second section;

wherein the first section is integrally formed with the second section via at least one connection point connecting the first section and the second section outside of said apertures, wherein rotating the first section relative to the second section causes the at least one connection point to break.

2. The hinged product according to claim 1, wherein the at least one connection point is formed by a protrusion on a side wall of the first section, adjacent the post, said protrusion being initially integrally formed with an inner side wall of the second section, just outside the aperture, such that rotating the first section relative to the second section causes the connection point to break and create a two-piece hinge.

- 3. The hinged product according to claim 1, wherein the connection point is formed by a rib that extends radially along an inner side wall of the second section, outside the aperture, and connects to a rear portion of the first section behind the post, such that rotating the first section relative to the second section causes the rib to break contact with one of the first section and second section.
- 4. The hinged product according to claim 1, wherein the connection point is formed by a protrusion extending radially from the second section to the post, outside the aperture, such that rotating the first section relative to the second section causes the protrusion to break and create a two-piece hinged product.